

## FIRST AID 4 - CLOSED WOUNDS

A wound is a break in the continuity of the tissue, either external or internal

### Signs & Symptoms:

- Pain
- Swelling
- Discolouration
- Uncontrolled restlessness
- Thirst
- Shock
- Hematoma
- Vomiting

### The types of closed wounds are:

- **Contusions:** more commonly known as bruises, caused by a blunt force trauma that damages tissue under the skin.
- **Strained Muscles:** Over stretching of muscles that have not been sufficiently warmed-up (could be called "Cold" muscles).
- **Sprained Ligament:** Sudden force causing joint to move beyond its natural range of movement e.g. to break one's fall at speed during an activity such as ice-skating.



### Treatment:

- **R**est the affected area
- **I**ce application or cold compress.
- **C**ompression over the affected area
- **E**levate the affected area above the heart